

**WHAT IS CLAIMED IS:**

1. Bumper, particularly a rear bumper, for a motor vehicle, having a transversely extending bumper cross member which is supported on a vehicle body by means of end-side holding elements,

wherein the bumper cross member comprises a polygonal closed profile of the same cross-section which is supported at the end side by way of rigid holding elements on the vehicle body and has at least one rigid supporting element in a longitudinal center plane of the vehicle in the cross member, the areas of the cross member adjacent to the at least one rigid supporting element being constructed to be deformable or foldable.

2. Bumper according to Claim 1, wherein the profile of the cross member is composed of a rectangular first profile part facing the vehicle body and an adjoining trapezoidal second profile part, and

wherein the mutually opposite walls of the first and second profile parts and each have a curved recess with a predetermined depth to facilitate deformation in the event of predetermined collision forces.

3. Bumper according to Claim 1, wherein the supporting element comprises webs further developed in an X-shaped manner, which webs are supported by their free

ends in each case in corner edges of the profile parts, and

wherein a vertex of the webs of the supporting element is situated approximately in a connection plane of the profile parts.

4. Bumper according to Claim 2, wherein the supporting element comprises webs further developed in an X-shaped manner, which webs are supported by their free ends in each case in corner edges of the profile parts, and

wherein a vertex of the webs of the supporting element is situated approximately in a connection plane of the profile parts.

5. Bumper according to Claim 1, wherein the supporting element is arranged in the longitudinal center plane of the vehicle, and deformable or foldable areas are constructed adjacent the supporting element in the cross member.

6. Bumper according to Claim 2, wherein the supporting element is arranged in the longitudinal center plane of the vehicle, and deformable or foldable areas are constructed adjacent the supporting element in the cross member.

7. Bumper according to Claim 3, wherein the supporting element is arranged in the longitudinal center plane of the vehicle, and deformable or foldable areas are constructed adjacent the supporting element in the cross member.

8. Bumper according to Claim 1, wherein further supporting elements are arranged at end of sides of the bumper cross member, and

wherein deformable or foldable areas are constructed in the bumper cross member at positions in between the supporting elements.

9. Bumper according to Claim 2, wherein further supporting elements are arranged at end of sides of the bumper cross member, and

wherein deformable or foldable areas are constructed in the bumper cross member at positions in between the supporting elements.

10. Bumper according to Claim 3, wherein further supporting elements are arranged at end of sides of the bumper cross member, and

wherein deformable or foldable areas are constructed in the bumper cross member at positions in between the supporting elements.

11. Bumper according to Claim 5, wherein further supporting elements are arranged at end of sides of the bumper cross member, and

wherein deformable or foldable areas are constructed in the bumper cross member at positions in between the supporting elements.

12. Bumper according to Claim 1, wherein the supporting element consists of an extruded profile.

13. Bumper according to Claim 3, wherein the supporting element consists of an extruded profile.

14. Bumper according to Claim 5, wherein the supporting element consists of an extruded profile.

15. A method of making the bumper of Claim 1, comprising forming the at least one rigid supporting element by extruding same.

16. A method of making the bumper of Claim 3, comprising forming the at least one rigid supporting element by extruding same.